

Canadian Legal Resource Centre Inc.
CALL NOW! Mon-Sat Daytime & Evening Appointments
 403.229.2774 **FREE CONSULTATION**
UNCONTESTED DIVORCES
 Legal Separation Agreements
 Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
 Canadian Pardons
 US Travel Waivers
 Fingerprinting
 21+ years experience
 Voted #1 Paralegal
 Why pay more?

The world's largest global newspaper

metro



CALGARY • THURSDAY MAY 14, 2009 metronews.ca



HSBC 
 The world's local bank

Rate of children born to single moms has risen across Canada

BIRTHS Selina Renfrow juggles work, school, friends and her three-year-old daughter Cianna.

Renfrow was unmarried when she had Cianna at the age of 21. "I made the best choice of my life being a mom and being single," she said.

According to a Centers for Disease Control and Prevention study, the birth rate to unmarried mothers in Canada in 2007 was 30 per cent, up from 13 per cent in 1980.

According to Service Alberta statistics, Alberta's rate of unwed pregnancies has risen slightly, with a 27 per cent provincial rate in 1997, compared with a provincial rate of 30 per cent in 2007. **METRO CALGARY**

MORE COVERAGE, PG 3

Canada pg 3

Study finds skin colour is a barrier

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters@metronews.ca, metronews.ca or on Twitter @metrocalgary.

On metronews.ca

- Share your SunnySide thoughts on Twitter using #sunnyside
- See what other Metro readers are doing and saying about the SunnySide series

• Enter for a chance to win a Sony Blu-ray player Today
 • Comment — Steve Collins on relationships, pg 5



Protesters gathered on the corner of Stephen Avenue and Centre Street to protest former U.S. secretary of state Condoleezza Rice, who was invited by the University of Calgary to speak at the Hyatt Regency.

Protesters slam Rice

Ex-U.S. official denounced as 'war criminal' outside U of C talk

ALYSSA JULIE
 for Metro Calgary

Calgary resident Jason Devine has a message for Condoleezza Rice — she's not welcome in this city.

"Calgary is not, and should not be, a haven for war criminals," he says. "These people are demeaning the concept of democracy."

Rice, a former U.S. secretary of state, was in Calgary last night to speak at the launch event for the University of Calgary's School of Public Policy.

Rice was former president George W. Bush's national security adviser at the start of the Iraq war and was made secretary of

state in his second term, after the resignation of Colin Powell.

"Obviously, just looking at her CV is very impressive," says Jack Mintz, director and chair of the School of Public Policy. "She made significant contributions to U.S. public policy."

Devine and his fellow protesters argue it is exactly these contributions that they are denouncing. Rice, they say, ignored warnings about the attack on the World Trade Center, built false evidence for an illegal war and approved the use of torture in contravention of the Geneva Convention.

"She's representative of a system that has caused death and destruction

around the world," says Devine.

"This is not anti-American at all. It's anti-Condoleezza Rice and the forces she represents."

The protest yesterday evening attracted a small group of angry demonstrators that chanted loudly and waved signs condemning the former secretary of state.

Devine said the demonstration has helped provide the space to ques-

tion the actions and policies of the Bush administration, for which Rice was a mouthpiece.



Condoleezza Rice

Premier, Rice talk energy, environment, NHL playoffs

KRISTA SYLVESTER
krista.sylvester@metronews.ca

The former U.S. secretary of state and Alberta's premier spoke about affordable energy, environment and hockey — yes, hockey — at a meeting held in the city yesterday.

Condoleezza Rice was in the city to speak at a dinner at the Hyatt Regency Hotel, but before the formal presentation she met with Premier Ed Stelmach for an hour-long visit — a half-hour longer than

scheduled, Stelmach said.

"She is a very warm woman but certainly a woman of intellect."

She shared a lot of her

knowledge of world events," Stelmach said, adding they spoke about affordable energy, the environment and growing the economy.

"We also talked about Alberta's position within Canada and carbon capture ... She is impressed with what we've done with the environment," Stelmach said.

Rice then invited the premier to visit her at Stanford University, where she now teaches after leaving the White House.

But it wasn't all business, he added.

"Dr. Rice asked me, 'Are the Calgary Flames going to come back next year?' ... We put our money on the Chicago Blackhawks and Washington Capitals in the final."

Rice was the keynote speaker in a \$500-a-plate University of Calgary launch gala for the School of Public Policy.

ShareYourViews

calgaryletters@metronews.ca

A high-risk offender was arrested yesterday and charged with failing to comply with his electronic monitoring conditions. Police believe 46-year-old James Venn's behaviour poses an elevated risk to the community. **METRO CALGARY**

Local



Folk Festival finalizes its lineup

Calgary's Folk Festival announced its final lineup. With headline acts such as Glen Campbell, The Decemberists, Iron and Wine, Arrested Development, Michael Franti and Spearhead and former Barenaked Ladies member Steven Page, this is not a show to be missed. For more information and a full list of musicians go to calgaryfolkfest.com.

METRO CALGARY



Tara Winthers gets her steering wheel lock from CPS Const. Mike Bertin.

Cops give out free steering wheel locks

AMY GREGSON
for Metro Calgary

PREVENTION Tara Winthers was one of the lucky drivers who received a free steering wheel lock at Sunridge Mall yesterday as part of Crime Prevention Week.

"It's a fantastic idea," said Winthers. "It keeps your vehicle safe."

Winthers received a lock for her GMC truck, one of the top 10 vehicle models stolen in Calgary.

Const. Chris Terry said that they were targeting vehicles that appeared on the top 10 list.

"The Club is a great deterrent," said Terry. "That's why AMA is giving them out for free."

Aside from steering locks, officers were doling out tips to prevent stolen vehicles, such as not leaving your keys in the vehicle.

The Calgary Police Service and Alberta Motor Association partnered for the program.

DT beat to embrace locals

New plan will have police officers be more visible in downtown area

AMY GREGSON
for Metro Calgary

Downtown Calgary is going to get a little more face time with city cops, under a plan to clean up the core that was launched yesterday.

The deployment of 62 constables for downtown foot patrol will be one of the first measures taken.

Police Chief Rick Hanson said police officers getting to know the people in the

community they work in, and people becoming comfortable with the officers that walk their beat is a key concept to this rollout.

"(The downtown will see) a safer entertainment district, highly visible presence of officers downtown that people can connect with and officers working face to face with the community," said Hanson.

"When people are walk-

ing out of a play in the Jack Singer Concert Hall downtown, instead of seeing drug traffickers they'll see three or four officers instead," said Hanson.

The deputy chief believes Calgarians are migrating away from the downtown because of their perception of it being unsafe.

"People tell us they move out of the downtown area because they don't feel

safe, now maybe with the presence of the beat officers they'll move back," said Deputy Chief Al Redford.

The two other priorities of the new rollout besides developing relationships are high visibility and reassurance policing, police said.

Redford said one key benefit of this rollout is that police will have an easier time keeping tabs on those who are conditionally released from the justice system.

"We plan to make the downtown area unpleasant for people who make it unpleasant for others," said Redford.

A ceremony to launch the first beat patrol of the new program will be held at city hall on May 27.

VideoOnline

A criminologist says Calgary's beat cops could learn from the U.K. at metronews.ca/local.

Cheers! 40 years of enjoying caesars



Hannah Lochli, left, from Meyers Norris Penny, and Ashlee Morgan, a reporter for Golden West Radio Alberta, enjoy a freshly made caesar as they celebrate "Caesar Day," which celebrated 40 years of this worldwide drink at the Westin Calgary yesterday.

Suburban growth worries alderman

KRISTA SYLVESTER
krista.sylvester@metronews.ca

PLANNING Calgary currently has enough land supply to provide suburban housing for 269,000 people, according to a city report released yesterday, but a city alderman is concerned about the sprawl.

Ald. Druh Farrell said she isn't surprised the annual Suburban Residential Growth Report says the city has enough land supply for the equivalent of three cities the size of Red Deer.

"My concern is we're planning so far ahead and the world is changing so I'm not sure we're being nimble enough," she said, adding some recently completed communities were started 20 years ago.

"My concern is we're planning so far ahead and the world is changing so I'm not sure we're being nimble enough."

Ald. Druh Farrell

Farrell said there should be a push for more Garrison Woods type communities in the city.

"We should look at the success of Garrison Woods and duplicate the elements that made it so resilient. We need to ensure communities don't need a car to get a carton of milk."

The city's director of land use Mary Axworthy said the numbers mean the city is not only meeting the city requirements but exceeding them, too.

metronews.ca

What's online today.

Video Afghan soldiers trade in their flimsy pickup trucks for new Humvees, with training from Canadians at metronews.ca/canada
Video Police will be keeping a watchful eye on campers this long weekend at metronews.ca/local
Video Thousands of Tamils continue their protest outside the Ontario legislature at metronews.ca/canada

Lotteries

Lotto 6/49: 6, 10, 24, 28, 31 & 46. Bonus 25
These results are not official.

Getting women into engineering

SIQBHAN O'BEIRNE
for Metro Calgary

EDUCATION Camille Zimmer, 16, rummaged through a box of gadgets as she and three other high school girls started construction on their very own robot.

Zimmer and 144 other female Calgary high school students from grades 10 and 11 visited the Schulich School of Engineering yesterday at the University of

Calgary for the Women in Engineering event.

Having an interest in engineering encouraged Zimmer's Grade 11 physics teacher at William Aberhart High School to tell her about the event.

"I love hearing from people who are already in the field, I think that it's so interesting," said Zimmer.

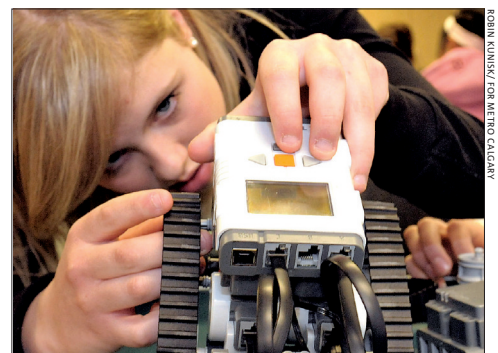
According to Laleh Behjat, chair of the gender and diversity in engineering committee, the University of Calgary has one of the

highest female graduate rates in engineering at 24 per cent, which she admits is still very low.

"We think one of the main reasons our numbers are higher is because of initiatives like this," said Behjat.

After she graduates, Zimmer hopes to pursue a career in environmental engineering at the University of Calgary.

"I would really love to come here. This is my first choice."



Taylor Amatto, 16, from Central Memorial High School builds robots at Schulich School of Engineering at the University of Calgary as part of Women in Engineering Day.

Canadian pork safe: U.K.

Canadian pigs and pork are unlikely to spread influenza A (H1N1), also known as swine flu, and are safe to import, Britain's Department for Environment, Food and Rural Affairs said yesterday. **REUTERS**



Canada



Parents angry over God drop

The possibility that Girl Guides of Canada will drop any reference to religion from its all-important Guiding Promise is drawing an angry response from parents, who have taken to Facebook to debate the issue. "This speaks to people's fundamental values, and I think that's why it's touched a nerve," says Louise Simos, whose nine-year-old daughter Alexandra is a Girl Guide.

TORSTAR NEWS SERVICE

Unwed moms on rise: Study

FAMILIES More Canadian women are giving birth out of wedlock than ever before, with three out of 10 babies being born to unmarried moms, according to a new study.

Thirty per cent of births in Canada in 2007 were to unwed women, up from 12 per cent in 1980, according to the Centers for Disease Control and Prevention in the United States.

The upward trend was consistent in most developed countries, with levels doubling and tripling in some cases.

In Norway the rate climbed to 54 per cent in 2007, up from 15 per cent in 1980. The rate in the Netherlands rose to 40 per cent from 4 per cent.

Elizabeth Saewyc, a nursing professor at the University of B.C., said the changing rates can be attributed to a shift in social values away from marriage toward co-habitation.

KRISTEN THOMPSON/
METRO CANADA

News in brief

CLIMATE CHANGE A team of British adventurers measuring ice conditions in the Canadian Arctic said yesterday they did not find the thicker, older ice that scientists expected to be there. Instead they found only the thinner, predominantly first-year ice that is likely to melt in summer.

REUTERS

Colour a barrier, study says

Darker-skinned immigrants feel more alienation: Survey

Vanessa Kirunda is the last person you'd expect to be looked down on.

Poised, articulate, educated and confident, Kirunda, a black woman, can dissect and analyze why Canadians treat her differently.

But all bets were off when schoolmates called her 10-year-old son Sean a racial epithet. Three times. By children of three different backgrounds.

"I anticipated this would happen, but it breaks my heart. Something is wrong

when children say these things. On top of everything, I'm not going to have my child degraded."

Kirunda and her son, Canadian citizens who emigrated from Kenya six years ago, face exactly the sort of walls a major study of multiculturalism and society pinpoints.

Crunching thousands of numbers from 41,666 people interviewed in nine languages, the just-published study found skin colour — not religion, not

income — was the biggest barrier to immigrants feeling they belonged here. And the darker the skin, the bigger the alienation.

"We were surprised that religion didn't have more effect," said lead author Jeffrey Reitz. "It came down to race, with Asian people reporting some and with young black males the most stigmatized. The data is consistent with that."

"We tend to believe racism is a minor problem in Canada, of little conse-

quence. Someone looked at them funny. Or that many immigrants are doing well, so it must be their fault if they aren't. There is a reluctance to investigate the issue," said Reitz.

The University of Toronto professor of ethnic, immigration and pluralism studies added that a lack of trust was also higher among the successful, Canadian-born, Canadian-educated children of visible minority immigrants.

TORSTAR NEWS SERVICE

Researcher accused of swiping vials

SCIENCE A researcher at a top-ranked Canadian infectious disease laboratory has been charged with attempting to smuggle vials of biological materials into the United States, Canadian and U.S. officials said yesterday.

Konan Michel Yao, is alleged to have taken vials of basic biological materials for vaccine development from the National Microbiology Laboratory in Winnipeg, said a spokesperson.

REUTERS

Toronto Tamil outcry



A woman is seen leading a protest chant at the Ontario legislature in Toronto yesterday where thousands of Tamils gathered to continue their protest against the civil war in Sri Lanka. Last Sunday, protesters blocked a stretch of one of Toronto's busiest expressways, which raised city officials' concerns over public safety.

Conservatives start attack ad campaign

POLITICS The Conservative party launched a series of ads attacking the opposition Liberals yesterday in a bid to recover lost ground in public support ahead of a possible election.

The Liberals have threatened to try to topple the minority government by mid-year, and while most analysts think that will not happen, the Conservatives decided they needed to cut into consistent leads the Liberals have scored in opinion polls.

If the Liberals decided to pull the plug on the government, re-elected in October with a strengthened minority in Parliament, they would need the backing of the other two oppo-

GritGirl

• The Conservatives said they were responding to Liberal attack ads that have run for months on YouTube, particularly those by someone identified as "theGritGirl."

sition parties, and such support is by no means certain.

The new television ads question the commitment to Canada of the popular new Liberal leader, former Harvard don Michael Ignatieff, who spent 34 years in the United States and Britain before returning to Canada.

REUTERS



GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS

HEALTH CARE Massage Therapy ✨ | Medical Office Administrator ✨ | Retail Pharmacy Technician ✨ | Medical Administrative Assistant ✨

BUSINESS & LEGAL Paralegal ✨ | Business Administration ✨ | E-Commerce Management ✨ | Accounting and Payroll Administrator ✨ | Professional Legal Assistant ✨ | Oil & Gas Administrative Assistant ✨ | Computer Graphic Design ✨ | Business Administration Management ✨

➤ **Financial Aid Available to Qualified Applicants**

➤ **Career Services Assistance**

➤ **High Graduate Employment Rates**

➤ **9 Campuses in AB**

➤ **Classes Filling Fast – Call Now to Reserve a Seat**

REEVES COLLEGE
Guiding Your Success

1-800-710-1448
WWW.REEVESCOLLEGE.CA

CDI COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

1-888-245-6827
WWW.CDICOLLEGE.CA

* Not All Programs Available At All Campuses.

✨ Pertains To A Reeves College Program

✨ Pertains To A CDI College Program



Woman reinstated after stolen kiss led to firing

A Turkish court has ordered an employer to reinstate a woman who was fired after she kissed her boyfriend at work. The woman had been terminated after she was caught kissing on the business's security camera. **REUTERS**

World



Suggestive Venus unearthed

A sexually suggestive Venus figurine with oversized breasts and thighs dates back at least 35,000 years and shows ancient humans had sex on their minds, researchers said yesterday. The 60-millimetre-long figurine, excavated in an archeological dig in southern Germany, may be the oldest piece of its kind yet discovered, researchers said. **REUTERS**

Aid worker killed in shelling

SRI LANKA Shelling killed a Red Cross worker inside Sri Lanka's war zone yesterday, the aid agency said, while troops and the Tamil Tigers battled in an intensifying fight to the finish of Asia's longest modern war. The International Committee of the Red Cross (ICRC) said a 31-year-old local staff member and his mother were killed by a shell. **REUTERS**

News in brief

POLITICS Sarah Palin, Alaska's governor and last year's Republican U.S. vice-presidential candidate, has signed a deal to write her memoirs with publisher HarperCollins, the Anchorage Daily News reported Tuesday. Palin did not disclose how much she would be paid by the publisher, which is owned by Rupert Murdoch's News Corp. **REUTERS**

Indian voting ends

The ruling Congress-led coalition was slightly ahead of the opposition Hindu-nationalist alliance as voting ended in India's general election but both fell short of a parliamentary majority, TV projections said.

A raft of exit polls yesterday showed either alliance would need new partners, renewing concerns that a shaky coalition would be the result as Asia's emerging powerhouse faces economic slowdown and instability in neighbouring Pakistan.

The projections could spark market jitters in the days ahead of the official results, due on Saturday.

Exit polls have had a mixed record in the past among the electorate of more than 700 million people. They were way off the mark in the last 2004

"We are looking at political uncertainty."

Amulya Ganguli

general election.

Prime Minister Manmohan Singh's Congress party-led coalition is ahead with 185 to 205 seats in the 543-member lower house of parliament, an exit poll by CNN-IBN television said.

An alliance led by the opposition Bharatiya Janata Party (BJP) would take 165 to 185 seats, leaving both the main political formations far short of the 272 needed for a majority.

"We are looking at political uncertainty and horse-trading," said Amulya Ganguli, a New Delhi-based political commentator. **REUTERS**

Pakistan Influx of refugees



Internally displaced children try to get food at a distribution centre in Pakistan's Swat district, where troops launched an offensive against militants yesterday. An estimated 800,000 civilians had fled from the latest fighting. **REUTERS**

News in brief

RACISM Militants and hate groups are increasingly using social networking sites such as Facebook, MySpace and YouTube as propaganda tools to recruit new members, according to a report released yesterday by the Simon Wiesenthal Center.

EASTERN EUROPE Georgia stages its own music festival this weekend in a snub to the Eurovision Song Contest in Moscow after the country's entry was rejected for mocking Russian Prime Minister Vladimir Putin. Georgia pulled out after organizers said it should revise We Don't Wanna Put In, a disguised swipe at Putin.

INFLUENZA Influenza A (H1N1), also known as swine flu, has hit Cuba, Finland and Thailand. There are nearly 6,000 people infected in 33 countries, the World Health Organization said yesterday. **REUTERS**

In AFRICA this is an AMBULANCE

Help build 5000 BIKES for AFRICA

IN AFRICA, BICYCLES BRING HEALTHCARE TO PATIENTS AND PATIENTS TO HEALTHCARE.

BUILD BIKES ONLINE* BY ENTERING CADBURY UPC CODES AT **thebicyclefactory.ca**

YOU COULD WIN A TRIP TO AFRICA

*NO PURCHASE NECESSARY. Offer valid from April 13 to July 30, 2009 or while supplies last. For every 100 UPC's entered, Cadbury will donate one (1) bicycle for delivery to Africa up to a maximum of 5,000. For further details and to participate, visit www.thebicyclefactory.ca. Must be thirteen (13) years of age or older and a resident of Canada.

†NO PURCHASE NECESSARY. Contest starts April 13, 2009 and ends July 30, 2009. For contest rules, details and to register/enter, visit www.thebicyclefactory.ca. Contest open to residents of Canada who have reached age of majority. One (1) Grand Prize of a 10 day/9 night trip for 2 to Ghana, Africa. Restrictions Apply. Approximate retail value is \$9,200.00. Odds of winning depend on the number of eligible entries received. Skill-testing question must be correctly answered to be declared a winner. Always follow all safety rules when bicycling.

LOCAL

Publisher, Steve Shourt
Managing Editor, Darren Krause

Distribution Manager, Dave Mak

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

Comment

Dysfunction dying out

Relating

Steve Collins

metronews.ca/collins

As we continue our efforts this week to find the good in these tight-money times, it only makes sense to contemplate the unbuyables — health, happiness and, of course, love.

On the relationship front, I could offer tips on romantic outings to the local Service Canada office to file for Employment Insurance together, or getting reacquainted with your parents as you move back into their basement, but the secret to the SunnySide Method™ is perspective.

If your job or savings

On the web
• For more views on relating, go to Love Bytes at metronews.ca/blogs

don't bear unpanicked scrutiny these days, you might find it reassuring to take stock of your personal life. Then again, maybe this is the last thing you want to think about. There is, after all, when considering one's relationships, a tendency to dwell on the problems and the irritants, no matter how minor. Relationship columnists, always in search of a conflict on which to hang the story, are doubly guilty of this.

Chances are though, if you really think about it, things are more right than wrong. For every one of your love's grating eccentricities, there are probably three everyday kindnesses you forgot that you take for granted. If not, what are

SunnySide
you twits still doing together?

And some of us are better at this than others, but it might even be appropriate while taking stock, to spare a thankful thought for your exes. No matter how badly it ended, you've still got the memories, whether bitter-sweet or giddily pornographic, and everything you learned from each other — even if in the end it had to be learned the hard way.

Your important relationships aren't limited to the romantic, either. Your friends and family, the softball team or the co-workers (if you still have co-workers, of course) all populate that vital non-economic part of life.

For every small way these people drive you crazy, they make up for it by lending a

hand, sharing a laugh, making you see things differently.

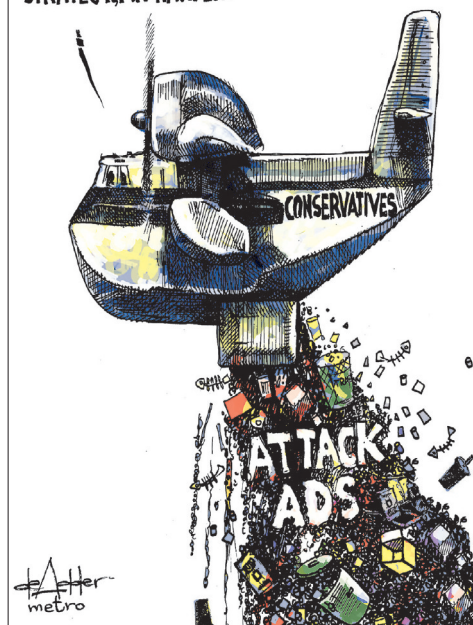
If brute optimism isn't enough to get you through, the occasional piece of statistical evidence pops up to suggest we're getting better at getting along.

For example, in new research from the University of Lethbridge, Canadian teenagers are reporting better relationships with their parents today than any teens in the last 30 years. Arguments are down, and mutual enjoyment and understanding up, according to the national survey.

Less dysfunction at home should mean less mess later, as it's striking how much the dynamics of future relationships resemble those first ones within your family, so this is an encouraging trend.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

INTERESTING NEW STRATEGY, MR. HARPER.



MICHAEL DEL ADOR

Views

Sheeple sheds light on MP's time with PM



Garth Turner

"Garth who?"

So, the official response to my latest book by the Prime Minister's Office summed things up nicely.

I couldn't have put it better myself.

After all, these were the guys who'd obsessed about what to do with me, how to stop my blogging, from talking to reporters, from webcasting in the foyer of the House of Commons and from scrutinizing my own party's policies, for the entire time I was a Stephen Harper MP.

It was just days after I was elected again in 2006 that Harper's right-hand man, chief of staff Ian Brodie, ordered me to go offline — or be punted from my own party. Ten

months later, he and his boss did just that. And when they did, for the high crime of opening my mouth and having an opinion, they alleged instead I'd broken caucus confidentiality in writing about party secrets.

This is what makes the reaction to my book, "Sheeple," ironically tasty. In Harper's caucus, there are no secrets. There's nothing to keep confidential. MPs aren't allowed to speak without prior permission. They know the consequences of questioning the leader or his dictates. Debate does not exist. During my time in that room there was no free discussion on

Afghanistan, same-sex marriage, gun control or the environment.

This is because in Harper's Canada, MPs don't matter. Our prime minister believes that Conservatives elected go to Ottawa to work for him, and the party. They're employees, to be cajoled, herded, muscled, or in the case of me and Maritime MP Bill Casey, fired for insubordination.

My deep mistake was to believe members of Parliament work for the people who send them there. And that is what I told the guy. The people are the ones an MP must answer to, report to and stand before. The job of the elected is to represent

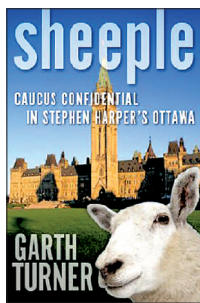
the voters to Ottawa, not come home and tell the citizens what to believe.

In the end, I had to go. The PM was sick of my blog and my lip, and made a fine example of me by tossing me out of his caucus, then out of the party I had belonged to longer than he.

And although I had served two previous Conservative prime ministers, sat at the cabinet table and even been a leadership contender, Stephen Harper dropped the political nuke as a signal to the sheeple in his flock that anyone who displeased him would be dooced.

And then dismissed — like the voters.

Garth Turner served as an MP twice, last elected in 2006 as a Conservative before being ejected from his party. He is a best-selling author of personal finance books. His latest book, "Sheeple," is about his political journey.



SunnySide

Leave your lunch at home and hit a café to help economy

Re: SunnySide initiative

I propose that on Friday, May 29, every daytime worker do not bring a lunch if they can possibly buy it for that day. That includes coffee or tea. The exceptions, of course, would be if it's financially impossible or there's no cafés or restaurants near them.

This would give all local cafés and restaurants across Canada immense business for at least one day. May 29 should generate enough business to get some money circulating from British Columbia to Newfoundland. If it works, perhaps the following month do it again on June 26.

BARRY WOOD,
HALIFAX, N.S.

SunnySide

Organic vegetables can help to reduce system spending

Re: SunnySide initiative

Here are some ideas: Instead of people opting to work out in a gym, lots of calories can be burned in their backyards by growing organic vegetables. Excess vegetables could be supplied to shelters or home-care centres, thus minimizing government funding.

Those government funds can be utilized for creating jobs in less-developed areas.

It's time to rethink the millions of dollars that goes for some ridiculous research project, such as men's and women's grooming habits.

PRADDEEP KRISHNA RAO,
MISSISSAUGA, ONT.

Metro Online Poll Results

66% SAID YES

Would Canadian elections benefit from switching to STV?

Weigh in on today's question at metronews.ca

34% SAID NO

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Spanish aid for airlines

Spain's prime minister on yesterday proposed \$383 million a year in support to airlines by waiving airport charges. **REUTERS**

business 7

Grim day deflates hopes of recovery

U.S. retail sales slipped, European industrial output dived and the Bank of England said Britain needed a long period of healing, denting hopes yesterday of any global economic recovery.

Investors seeking any signs that the world might drag itself out of recession suffered a string of disappointments, and American shoppers delivered the biggest blow.

Sales at U.S. retailers fell for a second straight month in April, government data showed. This confounded analysts' forecasts of no change, and that they would even rise a little when disastrous motor vehicle sales were excluded.

Total sales, which had earlier shown signs of revival, dropped 0.4 per cent. Excluding motor vehicles and parts, the fall was even bigger at 0.5 per cent, the Commerce Department said.

"The back-to-back gains we had in January and February, which had helped inspired hopes that we

Markets down

World stocks as measured by MSCI were down 3.5 per cent after two consecutive days of moderate losses, hurt by the U.S. retail sales data. Leading Wall Street indices lost more than one per cent at the opening. Investors who had moved into more risky investments also retreated to the perceived safety of the dollar, which rallied against most major currencies.

were getting out of this recession, just got dealt a significant blow," said David Resler, chief economist at Nomura Securities in New York.

"These numbers are certainly discouraging, a bit disheartening. This is pretty uniformly weak."

Share markets, many of which had climbed as investors sensed the beginnings of a recovery, took the data badly.

"The financial market has been looking for positives in the economy. The market has gotten ahead

of itself," said Guy Lebas at Janney Montgomery Scott in Philadelphia.

Apart from the U.S. setback, reminders abounded that any recovery may not be as swift and strong as markets had hoped.

Euro zone industrial output plummeted by more than 20 per cent in March, official data showed, pointing to a sharp contraction in first-quarter economic output.

"There are no green shoots here; everything is either a quarter or a fifth down on the year," said Stuart Bennett, European economist at Calyon.

"This sure is a horrible number," added Kenneth Broux, economist at Lloyds TSB Corporate Markets.

The Bank of England offered little relief, predicting a slower British economic pickup than it had previously expected.

"Now the economy requires a period of healing. That will take time," Governor Mervyn King told a news conference to reveal the quarterly economic forecasts. **REUTERS**

ING says it's ready to make acquisitions despite loss

INSURER Home and auto insurer ING Canada Inc. posted a first-quarter loss yesterday but said it is ready to make acquisitions if opportunities arise as competitors struggle with losses.

ING, Canada's biggest property and casualty insurer, said it is looking to boost its business in 2009, either through organic growth or acquisitions, with capitalization that will allow it to snap up market share.

"With our strong capital base we have the strategic flexibility to move quickly when the right market opportunities arise," president and chief executive Charles Brindamour told a conference call after the results were released.

"The M&A (mergers and acquisitions) environment has improved since last year as the industry results have deteriorated as the capital cushions at both the company and at the parent level have melted," Brindamour said.

ING, which was spun off by its Dutch parent in February and will soon re-brand itself as Intact Fi-

\$36.3M

ING said its net loss was \$36.3 million in the three months ended March 31.

financial Corp., reported a net loss in the first quarter as a rise in underwriting income was offset by a one-time loss resulting from the launch of a hedging program.

ING said its net loss was \$36.3 million, or 30 Canadian cents a share, in the three months ended March 31. That compares with a profit of \$23 million, or 19 Canadian cents a share, in the same period a year earlier.

On an operating basis, it earned 58 Canadian cents a share, an increase of 3.6 per cent from last year.

Analysts had expected a profit of 59 Canadian cents a share, according to Reuters Estimates.

ING Canada shares fell 3.8 per cent to \$34.94 in Toronto yesterday morning, while the market's broader financial index was down 2.1 per cent. **REUTERS**

MGM plans to sell stocks, bonds

CASINOS MGM Mirage, the casino operator that has struggled to avoid defaulting on its \$14-billion debt load, said yesterday lenders have agreed to let it raise up to \$2.5 billion by selling new stock and bonds.

The news sent shares of Las Vegas-based MGM down about 23 per cent, but its bonds surged.

MGM said it would privately place \$1.5 billion worth of senior secured notes and aimed to raise about \$1 billion in a public offering of 81 million shares. It plans to use the proceeds to pay off more than \$1 billion of debt that matures later this year and at least \$750 million of a credit line.

"This offering of shares is very dilutive for existing shareholders," said Majestic Research analyst Matthew Jacob.

The new offering would increase the company's share count by 29 per cent, according to Goldman Sachs analyst Steven Kent.

MGM Mirage said the senior notes would be secured by a lien on substantially all of the assets of its Bellagio Hotel and Casino and the Mirage, both on the Las Vegas Strip. **REUTERS**

Home Phone Lines

✓ ALL FEATURES FREE!



Enhanced

\$14.95

/month

Unlimited
Local Calling

All Features
FREE



Unlimited Canada

\$19.95

/month

Unlimited Calling
Anywhere
in Canada

All Features
FREE



One-Rate

\$29.95

/month

Unlimited Calling
Anywhere in
Canada and USA

All Features
FREE

- ✓ Caller ID
- ✓ Voicemail
- ✓ Call Forwarding
- ✓ Call Waiting

- ✓ Keep Your Existing Phone Number
- ✓ Free Comwave to Comwave calls WORLDWIDE!



LIMITED TIME OFFER

6 MONTHS FREE!

- SATISFACTION GUARANTEED!
- KEEP YOUR EXISTING PHONE NUMBER!

LONG DISTANCE

LOWEST RATES TO EVERY COUNTRY IN THE WORLD... GUARANTEED!
CALL TODAY AND LET US BEAT THE RATE YOU'RE CURRENTLY PAYING!!



comwave

comwave.ca

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term. 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas.

Jason Taylor is heading home and will return to the Miami Dolphins for the 2009 season. The South Florida Sun-Sentinel reported that Taylor has agreed to a one-year deal worth \$1.5 million to play for the Dolphins after spending one season with the Washington Redskins. **METRO NEWS SERVICES**

Sports



Desjardins to head juniors

Willie Desjardins, left, coach of the WHL's Medicine Hat Tigers has been named head coach of the Canadian junior men's hockey team yesterday, as they chase a record sixth straight gold at the world junior championship. The 52-year-old from Climax, Sask., was an assistant coach on Pat Quinn's coaching staff when Canada won its fifth consecutive gold medal this January. **METRO NEWS SERVICES**

SPORTS@METRONews.CA

Ontario open to helping Balsillie with arena renos

NHL The Ontario government is doing the old spinarama when it comes to financial help for Black-Berry billionaire Jim Balsillie's bid to bring the NHL's Phoenix Coyotes to Hamilton.

In a change of direction from last week, Premier Dalton McGuinty yesterday pointedly did not rule out

the province contributing some of the \$120 million Balsillie is apparently seeking for improvements to Copps Coliseum.

"We'll just have to wait and see if we get a sensible proposal. The last I've heard (is) that the NHL board of governors had dug in (and opposed the Coyotes being moved)." **TORSTAR NEWS SERVICE**

Crosby bests Ovechkin

Pittsburgh eliminates Washington with wild Game 7 win



Sidney Crosby rose to the occasion in his first career playoff Game 7, recording two goals and one assist as the Pittsburgh Penguins punched their ticket to the Eastern Conference finals with a convincing 6-2 decision over the Washington Capitals at Verizon Center.

Crosby finished the series with eight goals and 13 points, and currently



Pittsburgh's Sidney Crosby, centre, celebrates his first-period goal with Kris Letang, left, and Bill Guerin last night. The Penguins won 6-2 and eliminated Washington.

leads all players remaining with 12 total playoff goals.

Craig Adams, Bill Guerin, Kris Letang and Jordan Staal also lit the lamp for the Penguins, who took the semifinal series four games to three and will be among the final four teams to compete for the Stanley Cup for the second time in as many seasons.

The club will rest until

opening the Eastern Conference finals this weekend against either the Bruins or Hurricanes, whose own Game 7 takes place tonight in Boston.

Marc-Andre Fleury was rarely tested for his eighth win of this postseason, needing to make just 19 saves.

Alex Ovechkin and Brooks Laich scored for the Capitals, who have dropped two of their last

three series-deciding games on home ice and were denied the franchise's third trip to the conference finals.

The setback continued Washington's franchise-long playoff hex against Pittsburgh, as the Caps have lost seven of eight playoff series against the Pens and have also failed to claim victory in three Game 7s.

METRO NEWS SERVICES

PARK OPENS THIS SATURDAY!

CANADA OLYMPIC PARK

mountain bike season passes

STARTING FROM

\$ 39

www.winsportcanada.ca
403.247.5452



PARK OPENS THIS SATURDAY!

CANADA OLYMPIC PARK summer season PASS SALE



Try one of North America's fastest growing sports!

PICK YOUR PASS

Passes to fit any schedule!

	Summer Super Pass May-Sept.	Mid-Week Tues-Thurs. May-Sept.	Mud Bogger May/June	Heat Wave July/August	Leaf Burner September
Adult (18+)	\$ 199	\$ 99	\$ 79	\$ 149	\$ 99
Student/Youth (13-24)	\$ 169	\$ 79	\$ 59	\$ 129	\$ 79
Junior (5-12)	\$ 99	\$ 49	\$ 39	\$ 79	\$ 49
Family	\$ 349	\$ 179	\$ 129	\$ 269	\$ 169

CANADA OLYMPIC PARK
winsport CANADA

403.247.5452

www.winsportcanada.ca

What you need to know about

dangers of the Bow River weirs

The Bow River weirs can kill you.

Many have died attempting to boat or swim over the weir (low dam) in the Bow River, downstream from St. George's Island (Calgary Zoo).

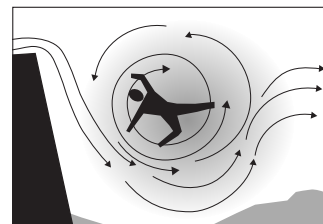
Venturing over the weir is risking certain death. Escape is impossible once you are caught in the swirling water. The water is equally dangerous near the weir at Wyndham-Carseland Provincial Park and above or below any other dam.

No matter how big your boat is, water currents at the weir's base will grab and capsize it.

How to avoid the dangers:

- Read and heed all warning signs.
- Portage around weirs.
- Do not play near weirs.
- Warn your friends and family.

For more information about safety around weirs, call 403-297-6517.



Government of Alberta ■

Savings at your fingertips

the new
fido 
Giving low prices a good home.



LG NEON TE365F

Plans from
\$15 TALK & TEXT
per month*
 › No System Access Fees
 › Per-second billing



Get the BlackBerry® Pearl™
smartphone for \$25.

*** BlackBerry Pearl.

With 3-year Fido Agreement and Data option.
Without agreement: \$400.

Owner's guarantee

1. No System Access Fees (others charge up to \$6.95 per month)
2. Text messages to warn you before you exceed your plan
3. No term contract necessary
4. Earn FidoDollars™ to upgrade your phone for less

SHOP FIDO.CA
Drop by a store
Call 1-866-301-3436

Offers subject to change without notice. *A one-time activation fee of \$35 per line applies. Additional airtime, long-distance, roaming, options and taxes are extra and billed monthly. Plans include a number of sent text messages; text messages received from another mobile phone are free. There is a charge per text message received via E-mail to your Fido and for premium text messages. Early cancellation fees apply with a Fido Agreement. ™ Trademarks of Fido Solutions Inc. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. © 2009 Fido Solutions Inc.

FIDO STORES

Market Mall
Marlborough Mall
Chinook Centre
Southcentre Mall

EXCLUSIVE DEALERS

CELLULAR BABY
Market Mall
Westbrook Mall
GENERATION WIRELESS
Deerfoot Outlet Mall

NONI WIRELESS
4818 Westwinds Drive N.E., Unit 1146
UNIPAGE
Central Landmark Mall
Dragon City Mall
Pacific Place Mall

► FUTURE SHOP

WIRELESS etc...

booth
the telephone booth

COSTCO
WHOLESALE

BEST
BUY

LONDON
DRUGS

«WIRELESSWAVE»

WAL*MART

sports **9**

Blue Jays fall to Yankees

Brett Gardner went 2-for-3 with a triple, the first home run of his career and finished with three runs driven and two scored, as the Yankees crushed the Blue Jays 8-2 in the middle test of a three-game set at the Rogers Centre in Toronto.

Rod Barajas drove in the lone run for Toronto, which saw its three-game winning streak halted.

Scott Rolen had a pair of hits and scored a run in the setback.

Vancouver's Scott Richmond (4-2) was saddled with the loss after yielding five runs on seven hits in 1½ innings of work.

The Yankees broke the game wide open in the second, putting five runs on the board in the frame. Melky Cabrera started things off with a double and scored as Gardner followed with a homer to right field.

METRO NEWS SERVICES

Sports in brief

TENNIS Spanish superstar Rafael Nadal, last week's Belgrade titlist Novak Djokovic and top American Andy Roddick were among yesterday's second-round winners at the \$5 million Madrid Open, an ATP World Tour Masters event and French Open tune-up.

FORMULA ONE Former champions Renault followed Ferrari's lead yesterday and threatened to quit Formula One at the end of the season unless the governing body rewrites the 2010 rules. "If the decisions announced by the (FIA) World Council on the 29th of April 2009 are not revised, we have no choice but to withdraw from the FIA Formula One world championship at the end of 2009," team boss Flavio Briatore said in a statement.

METRO NEWS SERVICES

**ACCESS
LEGAL
RESEARCH INC.**

- CRIMINAL PARDON /U.S. WAIVER
- 24 HR CRIMINAL RECORD CHECK
- FINGERPRINTING
- LOW COST NO FAULT DIVORCE
- SMALL CLAIMS COURT TO 25K

**CALL
403-228-2469**



Rust-Oleum has released new spray-on chalkboard paint, great for a child's room or the door of the pantry, where you can write to-do and grocery lists. Visit rustoleum.ca for more information. **METRO NEWS SERVICES**

List your house for **SALE**, and **RENT** at the same time!
Call today for a complimentary consultation!
Christopher Kellett, Licenced Realtor
chris@serlox.com • 403-990-9297

SERLOX Consulting
Real Estate Marketing 403-990-9297 • www.serlox.com

Apartment Finder
To advertise contact Warren Smith at 403-539-4948

realstar management
RENT NOW AND CHOOSE YOUR \$300 INCENTIVE!

<p>CALGARY PLACE APTS. 609 8TH STREET</p> <p>1 & 2 bdrm suites, Gym, games room, 1 block to LRT, Utilities included, Close to all amenities & On site management</p> <p>1-877-570-7025 www.calgaryplace.com</p>	<p>ROYAL VIEW APTS. 1320 16TH AVE. SW</p> <p>Live in the Trendy Beltline, 1 & 2 bdrm suites, Gym, sundeck, 1 block to 17th Ave., Utilities included & On site management</p> <p>1-877-572-1835 www.royalviewapts.com</p>
<p>GLENMORE HEIGHTS 620 67TH AVE. SW</p> <p>1 & 2 bdrm suites, Gym, social room w/ full kitchen & library area, 1 blk to Chinook Center, Utilities included & On site management</p> <p>1-877-617-9803 glenmoreheights.com</p>	<p>GLENMORE GARDENS 2105 90TH AVE SW</p> <p>1 & 2 bdrm suites & T/H social room w/ full kitchen & sitting area, Indoor pool & sauna, Close to all amenities & On site management</p> <p>1-877-584-2285 glenmoregardens.com</p>

Effective and cost effective.
To advertise in Metro's Apartment Finder, call Warren today! 403-539-4948

metro
Do it daily.

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

PSYCHIC

Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results
• Palm • Tarot • Crystal Ball • Energy Readings •
PH: (403) 228-2258
By Appointment Only
Solve all Problems of Life

STAPHA —AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

FINANCIAL

BROKERS MORTGAGE \$500\$ loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free: 1-877-776-1660

TAKE A VIDEO BREAK
Visit metronews.ca to watch **metrotube** of the day
The video everyone's talking about.

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch **metrotube** of the day

Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



Here's a view of the living room of the Homes by Avi Aspen model suite — located in the Stonewater development in Lake Chaparral.

Contemporary feel in a dense population

Suite Talk

JOEL MESSNER
for Metro Canada

Creating a livable space within more densely populated neighbourhoods was the inspiration behind Homes by Avi's Aspen model right now featured in the Stonewater

development in Lake Chaparral, says the company's product development manager.

Michael Jacobson describes the addition of a back-lane, below-grade parking entrance for each home, along with the front porch access to a central park.

With the granite eating bar, an executive tile package in the bathrooms, and mosaic tile for the bath-

room backslashes and the fireplace surrounds, Jacobson said the idea is to have the 1,460-square-foot, two-storey Aspen appeal to the contemporary buyer.

"Because of the contemporary finish and style it definitely appeals to a younger buyer," said Jacobson.

Stonewater is located in the southern end of Lake Chaparral, and comes with full lake access.

Good Fences make Great Neighbors

The Fence Store
2919 - 49th Ave SE, 240-4269
thefencestore.ca
Visit our indoor & outdoor showroom



The kitchen of the Homes by Avi Aspen model suite.

100% FINANCING
\$300,000
5-year rate 3.99%, payments \$1,321/month
One Alberta regulated lender is still offering 100% financing at discounted mortgage rates.

YMT
Your Mortgage Team

TMG
Layne Walters, Your Mortgage Team
Call for pre-approval 403-466-5363
Strong credit & income required. Rates subject to change. O.A.C.E. & O.E.
403.466.5363 • layne@YourMortgageTeam.ca

Washing tips

Grit and sand can wedge itself in the tightly compacted tips, so wash well, lightly scrubbing the tips. Break off asparagus stems where they snap easily, composting the ends. **METRO NEWS SERVICES**



Food

Look for firm, straight spears with deep green or purple tips that are compact and tightly closed. The stem ends should be moist and green, not grey, cracked or dry.

BARB HOLLAND/FOR METRO CANADA



Same size

Skinny, medium or large, the size isn't the issue, but try to pick similar size spears for even cooking. Medium to large are better for the grill.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

Three cheers for these beers

As the first fair-weather long weekend of the year is on the horizon and the drinking is easy. Whether it's Molson, Labatt, Keith's, or any one of the dozens of excellent micro-brews (with a hometown shout out to Nova Scotia's Garrison and Propeller breweries) made across our vast piece of geography, nothing goes better with a Canadian

three-day than a few too many cold ones.

I've had the chance to tour London's own Fuller's Brewery in Chiswick more than once and their ESB (500 ml, \$2.50 - \$3.99) — which stands for Extra Special Bitter — is a classic, full-bodied malt-fest with plenty of lively hopes and, you guessed it, bitterness. Combine a pint with your favourite barbecued grub this weekend.

If European lagers from the mainland are more your style, try the Czech Republic's Czechvar (500 ml, \$2.55 - \$3.05) with goulash, roast pork or just about anything. Its golden colour and rich, concentrated flavour oozes drinkability.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



First spears of summer

À la carte

Barb Holland



metronews.ca/alacarte

The first long weekend of the 'summer' generally heralds a number of openings — the cottage, Farmers' Markets, firing up the grill and the sightings of the first vegetable of season, asparagus.

Asparagus and Prosciutto with Lemon Vinaigrette

Asparagus season is short, usually just four to six weeks, depending on weather and locale, so grill some up soon. This recipe, from a terrific cookbook

Weber's Way to Grill, the Step-by-Step Guide to Expert Grilling by Jamie Purviance, would be good with grilled chicken, salmon or pork. Makes 4 servings.

INGREDIENTS:

- 2 tbsp (30 ml) apple cider vinegar
- 1 tbsp (15 ml) finely diced shallot
- 2 tsp (10 ml) finely grated lemon zest
- 1 tsp (5 ml) Dijon mustard
- 1/4 cup (60 ml) extra-virgin olive oil
- 1/4 tsp (1 ml) each: kosher salt and freshly ground black pepper
- 1 1/2 lbs (750 g) asparagus (about 1-1/2 bunches)
- 1/2 tsp (2 ml) kosher salt
- 4 thin slices prosciutto



This recipe comes from Weber's Way to Grill.

METHOD:

Preheat barbecue to medium heat.

In small bowl, whisk vinegar, shallot, lemon zest, and mustard. Slowly whisk in oil. Season with salt and pepper.

Wash asparagus well, snap off ends. Drizzle asparagus with a few table-

spoons of the vinaigrette and season evenly with salt.

Grill asparagus and the prosciutto over direct medium heat, with the lid closed as much as possible, until the asparagus is tender and the prosciutto is crisp, turning once or twice, 6 to 8 minutes for the asparagus and 1 to 2 minutes for the prosciutto. Arrange asparagus on a platter, spoon on remaining vinaigrette, and crumble the crispy prosciutto on top.

©2008 Weber-Stephen Products Co. Recipe from Weber's Way to Grill™ by Jamie Purviance. Used with permission.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

JUGO JUICE

{ A TASTE OF THE EXOTIC }

GRILLED CHICKEN BREAST, MADRAS CURRY SAUCE, GREEN PEPPER, RED PEPPER & RED ONION

NEW!

MADRAS CURRY CHICKEN WRAP

ONLY 5.5 GRAMS OF FAT!



*AVAILABLE AT PARTICIPATING CALGARY JUGO JUICE LOCATIONS FOR A LIMITED TIME.

jugojuice.com



The Barenaked Ladies launched the new Ben & Jerry's ice cream named after them this week. If I Had 1,000,000 Flavours contains a "collision of chocolate and vanilla ice creams," with chocolate-covered toffee, chocolate-covered almonds, white chocolate chunks and peanut butter cups. **TORSTAR NEWS SERVICE**

***** INSPIRED; **** VERY GOOD; *** PALATABLE; ** HO-HUM; * NEVER AGAIN

Canadian Living magazine is on sale now!

Brava does good

LunchRush

Carla Ciccone

metronews.ca/lunchrush

Brava Bistro
723 17th Ave. SW
403-228-1854

Hours of operation: Mon. - Sat. 11:30 a.m. - 3 a.m., open for dinner as well

Rating: ****

Price range: \$\$

Reservations: Yes

Client negotiations: Yes

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: No

Time in: 1:15 p.m.

Ordered: 1:30 p.m.

Food arrived: 1:45 p.m.

Time out: 2:35 p.m.

Total time: 1 hour, 20 minutes

Low \$: Soup, \$7

High \$: Cheese Plate, \$18

Licensed: Yes

A little rain is no reason to stay inside, which is why my friend Jaelyn and I



Mussels, \$14.

braved the elements to visit Brava Bistro — a lovely restaurant off 17th Avenue. With a palette of crisp whites and rich woods, the inside of the bistro felt like a lovely beach house in the Hamptons. White lilies graced the tabletops, and as we were seated, I was thinking the place was nothing if not classic and stylish.

We sat adjacent to the bar, which houses some serious coffee-making artillery; the rustic bread

that was brought to the table was made in-house, with all natural ingredients, and was baked to perfection.

After feasting on the bread for about 10 minutes, my Mussels arrive (\$14). The presentation was interesting, with mussels covering the bottom of the plate and seasoned pomme frites (French fries) on top amid a large dollop of mayonnaise. The cream sauce was made with leeks, and could have used a little bit more spice for flavour. Overall though, the dish was delicious — although I was back to eating the bread after I was finished, so it definitely works better as an appetizer than a main dish.

My only complaint was that the service was a bit slow when it came time to leave, extending our stay for quite a while. However, the staff were friendly and accommodating, the food well made, and holding true to the meaning of the Italian word it was named after, Brava was definitely good.

Canadian Living recipe of the month

Grilled Mustard Sage Pork Tenderloin and Potato Salad

INGREDIENTS:

- 2 tbsp (25 ml) each Dijon mustard and grainy mustard
- 1 tbsp (15 ml) minced fresh sage (or 1/2 tsp/2 ml dried)
- 1 tbsp (15 ml) each extra-virgin olive oil and cider vinegar
- 1 tsp (5 ml) packed brown sugar
- 2 small cloves garlic, minced
- 1 lb (500 g) pork tenderloin
- 1/2 tsp (2 ml) each salt and pepper
- 1 lb (500 g) mini red potatoes, quartered
- 2 tbsp (25 ml) light mayonnaise
- 2 tbsp (25 ml) chopped gherkin pickles
- 2 green onions, chopped

METHOD:

In glass bowl, combine Dijon and grainy mustards, sage, oil, vinegar, sugar and garlic. Remove 1 tbsp (15 ml) and reserve for po-



For more great recipes, visit metronews.ca.

tato salad. Add pork to bowl, turning to coat. Cover and refrigerate for 10 minutes or for up to 8 hours.

Place pork on greased grill over medium heat; close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, about 20 minutes. Sprinkle with half each of the salt and pepper. Let stand for 5 minutes before slicing.

Meanwhile, in saucepan of boiling salted water,

cover and cook potatoes until tender, about 10 minutes. Drain; let cool.

In bowl, combine mayonnaise, pickles, green onions, remaining salt and pepper, and reserved mustard mixture. Add potatoes; toss to coat. Serve with pork.

online

For more Tested-Till-Perfect recipes, visit canadianliving.com





koodo-mendous

Get a phone from \$0 with no fixed-term contract with the one and only Tab.

Get a phone for as little as \$0.¹

Pick any Koodo mobile phone

Put \$150 of the retail price on your Koodo Tab

Pay off your Tab by using your phone

You pay no System Access Fee.



Good call



► FUTURE SHOP



Walmart

Zellers

koodo shop

Market Mall
Marlborough Mall
Southcentre Mall
Sunnridge Mall

(1) Subject to approved credit.

Food safety

Don't store your food in your tent. Rodents will chew holes in your tent to get to it. Hang food high above the ground or use a bear-proof container and make sure it is a considerable distance from where you are sleeping. **CAMPING-CANADA.COM**

Summer Camps

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Culture vultures

Arts programs growing in popularity in Alberta

ANDREAS MORSE
for Metro Calgary



When it comes to summer camps in Alberta, there's no competition between sports and the arts. There are far more soccer camps than there are playwriting camps.

But if you look hard enough, you'll find that children of all ages, and even adults in some cases,

can spend their summer learning how to paint or play the piano just as easily as finding a wilderness or basketball camp in this province.

Take the Calgary Arts Summer School Association (CASSA) for example. The registered charity has been running summer programs focusing on the arts since 1993 and has seen more than 2,500 students pass through its doors.

The Calgary art school covers everything from musical theatre and drama to singing and strings, and it also caters to everyone from small children to adults, which, according to co-founder Linda Kundert-Stoll, makes CASSA quite unique.

"A parent can take a



Kids at summer arts camps can learn everything from painting to sculpting to drawing, and more.

camp together with their child," she says. "Or a teacher can take the same camp as a student — that's one of the unique qualities that we offer in some of our programs."

Kundert-Stoll says, because of the school's popularity, she and her co-founders have been asked several times to open the doors year-round, but it's

just not possible when most of the teachers have day jobs.

So for now, the plan is to stick with the summer schedule.

The kids will be getting their culture in Calgary this summer, but there are art camps to be found in the provincial capital as well.

Art Xpressed is a camp

offered at the Harcourt House Arts Centre in downtown Edmonton. According to Terrena Boss, the art centre's exhibitions and art education manager, Harcourt House has been receiving calls about their summer camps since January, and they haven't even chosen their instructor yet.

Last year the camps



CASSA co-founder Linda Kundert-Stoll, right, teaches Caroline Johnson at Piano Camp.

were completely full with a few extra, and this year they expect the same enrolment numbers.

The Harcourt House Art Centre runs two camps, one for seven- to 11-year-olds and the other for 12- to 16-year-olds. Boss says the kids can expect to learn everything.

"Generally speaking, we'll do sessions on screen printing, painting, and sculpture with clay; it does cover a whole broad range of things," Boss says. "It's about getting kids out and interacting in the art community. It's meant to be a learning experience but it's also meant to be a lot of fun."

On the web

- For more information on the Calgary Arts Summer School Association, visit calgaryartssummer.com.
- To learn more about Art Xpressed, call the Harcourt House at 780-426-4180.

Preparing kids for camp need not be a daunting task

For those thinking an expensive vacation is out of the question this year, camping is a fun and affordable vacation for the entire family.

Preparing for a camping vacation can seem like a daunting task, especially if

you and your family are first-time campers, but it doesn't have to be.

Below is a list to ensure nothing is forgotten and that your camping trip is safe and memorable:

• Think through activities you'll be participating in

and pack what you'll need accordingly.

- Pack any bottles of previously opened sundries like shampoo or insect repellent in sealed plastic bags so that if they leak, they won't ruin anything else.
- When packing bags, con-

sider the order in which you'll need items and arrange them accordingly.

- To minimize creasing, roll your clothes instead of folding them.
- Always stuff your tent back into its storage bag. Don't fold it as creases from

folds can weaken fibres. Same applies to sleeping bags. Folding and rolling your sleeping bag in the exact same manner each time will create creases and cold spots in the insulation.

- Always air out a tent before putting it away to pre-

vent staining from mildew.

NEWS CANADA

Repeatedly folding your sleeping bag the same way can create creases and cold spots in insulation.



Calgary Arts Summer School Association "Discover the Fine Arts Within Yourself"



Musical Theatre Showtime
July 2, 3, 6, 7, 8 & 9

CASS-Amici String Camp
July 20 - 24 and/or 27 - 31

Adult Piano Camp
August 3 - 5

NEW! Improv Camp
August 4 - 7

Music Theory Workshop
August 5

CASS Recital
August 6, 7 pm

Piano Camp
August 10 - 14

NEW! Jazz Connection
August 10 - 14

**Music, Drama, Movement
and Art Camp**
August 17 - 21

Playwriting Camp
August 17 - 21

For information call:
Linda 403.271.0418
Janice 403.287.1856

Small classes designed and instructed by certified teachers and professional arts educators (5 to 1 student-teacher ratio) www.calgaryartssummer.com



LEARN COMPUTER TRAINING at a "LOW COST" Now!

Take advantage of our FREE 3 hour Introduction to Computer Course.

Courses Offered: Windows XP & Internet/Email

MS Power Point • MS Publisher • MS Project • MS Word (Foundation & Advanced)

MS Excel (Foundation & Advanced) • MS Access (Foundation & Advanced)

Trouble Shooting • Keyboarding • Front Page 2000-Web Page Design

For more information please contact:

CALGARY CATHOLIC IMMIGRATION SOCIETY

3rd Floor, 120-17th Avenue S.W. Calgary, Alberta T2S 2T2

Tel: (403) 262-2006 or (403) 262-5695 Fax: (403) 261-0955 or (403) 262-2033

Website: www.ccis-calgary.ab.ca Email: hoc@ccis-calgary.ab.ca

Partial funding for this program provided
by Alberta Advanced Education through:



PARK OPENS THIS SATURDAY!

summer programs

CANADA OLYMPIC PARK

Give your kids an active summer!



mountain bike programs

Ages 4 - 18

For the aspiring mountain bike rider - sign up for one of our summer programs and develop a range of riding skills in a safe and fun learning environment. Programs are available for a variety of skill levels and age groups.

STARTING FROM

\$99

camp torch

Ages 4 - 18

Discover adventure at Canada Olympic Park! Camp Torch programs provide safe and exciting activities for a wide range of age groups. Kids will experience a variety of Olympic sports, the Ropes Challenge Course, interactive games and crafts all summer long. Half-day camps, a healthy lunch program and after-camp care options are available.

STARTING FROM

\$149

Mountain Bike Passes On Sale Now Passes to fit any schedule!

	Summer Super Pass May-Sept.	Mid-Week Tues-Thurs. May-Sept.	Mud Bogger May/June	Heat Wave July/August	Leaf Burner September
Adult (18+)	\$ 199	\$ 99	\$ 79	\$ 149	\$ 99
Student/Youth (13-24)	\$ 169	\$ 79	\$ 59	\$ 129	\$ 79
Junior (5-12)	\$ 99	\$ 49	\$ 39	\$ 79	\$ 49
Family	\$ 349	\$ 179	\$ 129	\$ 269	\$ 169

CANADA
OLYMPIC
PARK



For more details or to register, visit

www.winsportcanada.ca

or call 403-247-5452.

metro

metronews.ca

Thursday, May 14, 2009

14 summer camps

Make a checklist so you remember to pack things like batteries and books. **CAMPING-FOR-FUN.NET**



Kids can learn using hands-on experience at one of the many science camps on offer in Alberta.

Reveal their inner scientist

SIOBHAN O'BEIRNE
for Metro Calgary

Just because summer is an indication that school is ending, that doesn't mean students should give up learning about science.

The number of different science programs is as varied as the animal kingdom. From taking an in-depth look at the prehistoric world of dinosaurs to exploring the mysteries of deep space, there are summer science programs offered for whatever your interest and whatever your age.

Science class may not be every elementary school student's favourite class, especially when they are learning from books rather than hands-on experience.

That's where summer science camps come in:

They offer kids new and exciting ways to explore the tantalizing world of science.

These camps open up the possibility for kids and teens to learn about the environment, technology, palaeontology, outer space, and a plethora of other areas of scientific investigation and innovation.

"We have seen increasing popularity over the years," said Lisa Polley, youth program co-ordinator at Telus World of Science. "We are offering what the community is looking for with new and exciting things."

With an increase in the enrolment numbers for these programs, there are plans to build a new science centre for 2011. This will allow Telus to open their doors to even more eager young scientists.

Starting with groups as young as five, the Telus World of Science offers six separate programs for a variety of age groups.

For a more prehistoric look into the science world, EnCana Badlands Science Camp — which is sponsored by the Royal Tyrrell Museum in Drumheller — offers a week-long overnight programme for children and teenagers between the ages of nine and 15, but also offers four-day family trips.

Offering kids a fun environment in which to learn about science and the effects it has on the planet is an innovative way to keep them learning over the summer months. Who knows, maybe one of the programs will lead to the discovery of the next Isaac Newton or Albert Einstein.

Labels on camp items can prevent mix-ups

When school is out, the summer holidays begin! Are your children registered for camp or have you planned a family vacation? No matter what has been scheduled, here are a few tips for a stress-free summer season.

Safeguard camp items

Summer camps can be a wonderful opportunity for children to enjoy the season with friends, but they

are also places where children can easily mix up or lose their belongings.

This can be easily prevented by labelling their names on camp clothing and accessories. You can also label inside their backpacks and include your telephone number in case they are lost. To prepare for every situation, label your children's names on their water bottles and lunch boxes and include

any allergies or food intolerances.

Also consider labelling your children's items with emergency contact information so camp counselors will have quick references on hand, instead of having to search through their files.

Organize equipment

In order to fully take advantage of precious vacation time, sort through outdoor equipment a few days before your departure. Writing the names of your children on their sleeping bags or favourite fishing poles may be particularly helpful to avoid conflicts.

Labelling is also an important consideration for essential items such as first aid kits. Don't forget to label your kit with the telephone number for your local health hotline, just in case.

NEWS CANADA

"Crocodile Rock" down at the Bayou

Summer Day Camp

July 13 - 17th, 9 am to 12 pm daily

For Kids Ages 4 to 11

Cost: \$10/child, \$25/family

Full Gospel Tabernacle

155 Falconridge Cres NE

FOR INFORMATION CALL

403.285.3300



Swing into style and comfort

Geox presents style, function and comfort with a new line of fully breathable footwear devoted to the world of golf. Designed for men and women, the new golf net system features two lines of golf shoes. For more, visit geox.com. **METRO NEWS SERVICES**

15

Style



The new faces of L'Oréal

Announced yesterday, two well-known beauties — Evageline Lilly, far left, and Freida Pinto — join L'Oréal Paris as new world spokespeople for the brand. Pinto is best known for her starring role in the Oscar-winning film *Slumdog Millionaire*, while Lilly caught viewers' attention in the popular TV drama *Lost* for which she won a 2007 Golden Globe Award nomination for best actress.

METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Dean and Dan Caten, the identical twins behind the Dsquared2 brand, just launched a new '70s-inspired eyewear collection.

Made in the shade

Canadian designers Dsquared2 launch new '70s-inspired eyewear line

DENISE SURETTE
for Metro Canada



Dsquared2's new eyewear line includes the DQ9 model for men (pictured).

With winter well behind us, now is a good time to start thinking about sunglasses for strolling around town, lounging on a patio or hitting the beach.

Willowdale, Ont.-born designers and identical twins Dean and Dan Caten, creators of Dsquared2 — a high-end men's and women's clothing line out of Milan — have just introduced eyewear to their collection.

A year in the making, Dsquared2 has teamed up with prestigious Italian eyewear manufacturer Marcolin to present the world with a 1970s hip-hop-inspired collection of sunglasses and frames. Marcolin also manufactures eyewear for Tom Ford, John Galiano Eyewear and Miss Sixty Glasses.

Dsquared2 will have its eyewear ready for Canadians to purchase from Holt Renfrew as of this month.

The men's designs are metallic and gold-square shapes, while the women's

glasses are large and rounded with a cat-eye glare.

Dan Caten, one half of the Dsquared2 design team, said the inspiration for the eyewear collection came naturally to them because it was a great era for design.

"We always go with what we're into," said Caten. "The '70s were a new moment. Hip hop was a new thing."

After having designed some accessories already for its line, the eyewear release is a full collection, something Dsquared2 is interested in doing in the future with other accessories.

"To dedicate a whole accessory line — it's major. But we're going to try to focus on more," said Caten. "We'd like to focus more on bags." The path into the world of accessories can be a complicated one for designers, says Caten.

"As our brand grows to a certain level, you can start doing these things. You can support another line," said Caten. "If someone can't afford to get the clothes, they can get the sunglasses. And Marcolin is one of the best."

Multimedia maven

Fashion icon Jeanne Beker finds her passion in communication

BRIAN COULTON
for Metro Canada

There was a time Jeanne Beker recalls when specialization intimidated success.

"They used to say 'Jack of all trades, master of none!'" an energetic Beker says with a mocking nasal voice in her downtown Toronto office. "I think it's a very old fashioned notion now. It would be a pretty boring life for me if I was only involved in one medium."

Boring, for the Canadian fashion icon, would make most beat. Beker is the long-time face of Fashion Television, editor-in-chief of FQ and Sir magazines, author of three books, fashion columnist for The Globe and Mail and a judge on CTV reality show Canada's Next Top Model, its third season set to premiere on May 26.

The array of multimedia hats Beker wears today (which surely match those in her closet) stems from her fundamental passion for communication. Before media, Beker was an actress, once studying mime in Paris under Marcel Marceau's teacher Étienne Decroux. It wasn't until 1975, when she moved to St. John's, Nfld., that she found her voice.

"I was the only mime artist in the province and I got a job in radio," she says with irony. "That's just the proof that I was really all about communication, first and foremost."

St. John's became Toronto, radio turned into television and Beker found herself on the big city small screen, hosting The New Music with CNN-bound JD Roberts. But after meeting all of her youthful rock idols ("I thought, if I interview Rod Stewart once more, I'll lose it!" she quips), Beker, then in her early 30s, says she desired doing something more "age appropriate."

"Fashion's the kind of thing you can grow old in ... Actually, fashion keeps you from ever growing old in some ways, because it's constantly changing. It



Fashion journalist Jeanne Beker, second from left, returns to her post as Canada's Next Top Model judge along with, from left, Mike Ruiz, Jay Manuel, Yasmin Warsame and Nolè Marin.

looked like the next big thing, and we were right."

That prediction has held strong for 24 years, since Fashion Television was created (a run Beker says she'd never have believed if told back then). Today, she continues to be seen running about the streets of the world's fashion capitals with her cameraman and a microphone in hand, reporting from runway shows and interviewing befriended designers from Gaultier to Valentino. But despite her years in the business, Beker says she'll never tire of fashion.

"Fashion keeps you from ever growing old in some ways, because it's constantly changing."

Jeanne Beker, Canada's Next Top Model judge

"The only constant in fashion is change. The personalities — the egos, the icons and the drama in fashion — it's all so irresistible. To me, it's the most colourful arena I can imagine."

But it's also one Beker doesn't know how to progress further in. "I think about it every night!" she says, slapping her desk.

She says she only hopes to continue to present popular culture's cutting edge, in a motley manner.

"It's about really reaching out and communicating to people and looking at situations in a multitude of different ways. That's what makes things so compelling — when there are all these different textures to play with."

FlareFashion

Lisa
Tant

Read the blog at
metronews.ca/flarefashion

SMART Career Fair

Saturday, May 23, 10:00 a.m. – 3:00 p.m.
SMART headquarters
3636 Research Road NW

We're growing by leaps and bounds, and so can you.

Attend our career fair to meet SMART employees from a cross section of departments. We'll show you our innovative collaboration technology and take time to answer your questions.

After the event, view available jobs and apply online at www.smarttech.com/careers.

Extraordinary made simple™ | SMART



Former supermodel Paulina Porizkova revealed this week that she has been booted from her judge's post on America's Next Top Model. "Listen, do you know why I am in Los Angeles? Because I am looking for a job," Porizkova informed Craig Ferguson on his talk show. [EONLINE.COM](#)

Model judge sacked

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Green Day takes swipe at U.S.

Green Day

Album: 21st Century Breakdown **Label:** Warner
Rating: ⓈⓈⓈ

IT'S BEEN FIVE years since Green Day completed its transformation



from poseur punks to thought-provoking social activists, so no one should be surprised that the group's new album takes another swipe at America's decaying culture. What is astonishing is that the California trio is even more upset and angry about the state of their country, even though a new U.S. president is in power. In this three-act rock opera, the band rails against religion and alienation, among other

MusicReviews

music@metronews.ca

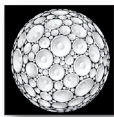
er things. Musically, this is as tight as they've ever been, though some of the more classic rock sounding tracks aren't as strong as the punk-influenced tunes.

Bryan Borzykowski/for Metro Canada

The Crystal Method

Album: Divided By Night
Label: Tiny e Records
Rating: ⓈⓈⓈ

WHEN THE CRYSTAL Method exploded on the dance scene in the late-'90s, their competition was limited to a handful of acts. Now, everyone's playing loud, big beat dance



Green Day rails against religion and alienation on its new album, 21st Century Breakdown, which is out Friday.

music, so the duo has to step it up if they want to stay relevant. They've tried to do just that by enlisting a bevy of popular indie artists, including Metric's Emily Haines, to sing over their slick electro sounds.

While it works to some degree — Matisyahu's Drown in the Now might be his best work yet — it's missing the attack and originality that their younger contemporaries have mastered.

Bryan Borzykowski/for Metro Canada

Sophie Milman

Album: Take Love Easy
Label: Linus
Rating: ⓈⓈⓈ

THERE ARE TIMES when the world seems awash with "sexy" or "sultry" candle light-and-wine jazz singers whose phrasing is always more important than the actual power of her instrument. So what makes, Milman any different? Hard to say, really. But there's a timbre and tone to her alto voice that is just so ... likeable. Here, she follows up her Juno-winning Make Someone Happy CD with a mix of the usual jazz standards by stalwarts like Cole Porter, Johnny



Mercer and Duke Ellington with some intriguing arrangements of more contemporary tunes. The formula works wonderfully on Paul Simon's 50 Ways To Leave Your Lover and Joni Mitchell's Be Cool, both of which were written during their masters' "jazz periods." It fails, however, on Bruce Springsteen's I'm On Fire and offers surprising results on Bonnie Raitt's I Can't Make You Love Me.

Graham Rockingham/for Metro Canada

New York Dolls

Album: 'Cause I Sez So
Label: Atco/Warner
Rating: ⓈⓈⓈ

LEGEND HAS DRESSED the New York Dolls up as an early '70s



precursor to both punk and glam rock, a band far ahead of its time sacrificed on a pyre of excess and addiction before achieving its due. Truth is the New York Dolls were simply a great garage band driven with amphetamine-fueled energy and a booze-soaked need to shock. More than 35 years later, we have our second reunion album, featuring the two surviving members David Johansen and Sylvain Sylvain, backed by three other guys (Steve Conte, Brian Delaney and Sam Yaffa). Todd Rundgren, the producer behind the Dolls' 1973 debut, has returned for this album. He captures that garage sound perfectly and there are moments here that live up to the legend, especially on the title track. But it's impossible to bring back that reckless — and ultimately destructive — energy.

Graham Rockingham/for Metro Canada

critics'corner

CSI: Crime Scene Investigation

Langston (Laurence Fishburne) is required to use deadly force for the first time in his career as a crime scene investigator as he and the team look into a series of murders tied to a scam in which poker chips from a long-defunct casino play a part. Cynthia Watros ("Lost") and Gerald McRaney ("Jericho") guest star in the season finale, "All In." 10 PM on CFCN KREM



Southland

Wealthy residents demand some answers from Detectives Clarke and Adams (Tom Everett Scott, Regina King) when jewelry thieves start robbing posh homes in Bel Air. Bryant (Shawn Hatosy) takes Janilla (guest star Carla Jeffrey) home with him to make sure she is safe. Sherman (Ben McKenzie) breaks policy after discovering he knows one of the home invasion victims in the new episode "Mace in the Face." 11 PM on KHO

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/14/09	267 351	- ACCESS	Alberta Primetime (Live)	America's Next Top Model	Old Christine	Old Christine	Southland "Westside"	Primetime		
	243 317	3 CFCN	etalk	Hollywood	Grey's Anatomy "Here's to Future Days: Now or Never"	News	The Simpsons "King"	Metropia		
	-	4 OMNI	Two/Half Men	The Simpsons	News	News	Grey's Anatomy (N)			
	371 5	KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty "In the Stars"			
	245 306	6 CBRT	NHL Hockey: Western Conference Semifinal Game 7 - Blackhawks at Canucks				CBC News: The National	The Hour		
	244 338	7 CICT	ET Canada	ET Canada	Bones	Survivor: Tocantins (N)	The Office (N)	Kink in Hair	News Hour	
	246	- 8 CKAL	Law & Order: SVU	Hell's Kitchen (N)	Ugly Betty "In the Stars"	Parks-Recreate	30 Rock	Your City		
	119 705	9 CBFT	Des filettes	Gars fille	Perdus "Jughead" (SC)	Les Galas 2007 du Festival	Local Programming			
	-	10 SHAW	(6) Local Programming				CSI: Crime Scene Investigation	CSI: NY		
	372 12	KREM	News (N)	Hollywood	The Doctors	Survivor: Tocantins	MI-5 "Spiders"	Artists Den		
news	374 14	KSPS	NewsHour With Jim Lehrer	NW Profiles	West Coast	New Tricks	CBC News: The National	Nature-Things		
	502 390	15 CBC	CBC News: The National	CBC News: The National	CBC News: The National	Name Is Earl	Parks-Recreate	Hell's Kitchen (N)	News (N)	
	370 16	KBO	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Bones (N)	Sex and-City	According-Jim	Frasier
	373 22	KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Bones (N)	Larry King Live	Cooper 360	Nancy Grace
	297 652	37 WPX	Supernatural (N)	PIX News at Ten Tong	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Lou Dobbs Tonight	Nancy Grace	
	500 520	21 TSN	NHL Hockey	NHL Hockey	SportsCentre (HDTV) (Live)	Off the Record	Score Golf	Motoring 2009	Poker	
	408 418	27 net	MLB Baseball	Memorial Cup Preview (HDTV)	Score Tonight	Hardcore Hockey Talk	Final Score	Final Score	MMA Conn	
	410 403	30SCORE	NBA Basketball: Teams TBA	Score Tonight	Bounty Hunter	Bounty Hunter	Departures	Mantracker	Bounty Hunter	
	417 457	44 OLN	Mantracker	Sprint Pit Crew Challenge (HDTV) (N)			NASCAR	Dave Despain All Star Special	Pit Crew Chall.	
	417 406	48SPEED	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life	Falcon Beach
family	552 543	20 YTV	Drake & Josh	Family Biz	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life	Falcon Beach
	557 541	39 FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	555 545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Titan A.E. *** (2000)
	575 583	11 CMT	Reba	Hope & Faith	Hope & Faith	Gone Country	Taylor Swift	Home Improve.	Home Improve.	Reba
	553 546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Ni Hao, Kai-Lan
	-	18 CHTV	The Insider (N)	El News	The El True Hollywood Story	Name Is Earl	The Soup (N)	Tommy Lee: THS		News (N)
	505 398	19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch Two				
	602 568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
	521 560	24 TLC	American Chopper (N)	Street Customs (N)	Street Customs (N)	American Chopper	Street Customs (HDTV)	Street Customs (HDTV)	Amer. Chopper	School Dinners
	603 561	25 FOOD	Jamie's School Dinners	Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	The First 48
cable variety	615 520	26 A&E	The First 48 (HDTV)	The Outer Limits	Love-Death	Love-Death	Trailer Park	Trailer Park	Ocean's 11	Trading Sp
	617 522	32 SHOW	X-Weighted	(7:05) The Guilty ** (1999, Suspense)	Bill Pullman.	MythBusters	Law & Order "Enemy"	Family Guy	Seinfeld	Gathering Strm
	-	633 34	ENC2	(6) MythBusters	Home Team ** (1999, Comedy-Drama)	Derek Lebrero	MythBusters	Without a Trace	Without a Trace	Domestic
	520 505	35 DISC	Home Team ** (1999, Comedy-Drama)	Derek Lebrero	MythBusters	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Domestic
	620 523	36BRAVO	Home Team ** (1999, Comedy-Drama)	Derek Lebrero	MythBusters	Without a Trace	Without a Trace	Without a Trace	Without a Trace	Domestic
	294 650	40 WPCH	Friends	Comedy Now	Air Force	Just for Laughs	My Man and I *** (1952, Drama)	Ricardo Montalban.		
	626 547	41 COM	Laughs	Comedy Now	Air Force	Just for Laughs	My Man and I *** (1952, Drama)	Ricardo Montalban.		
	-	539 42	TCM	Mexican Spit.	My Man and I *** (1952, Drama)	Ricardo Montalban.				
	628 584	43 SPIKE	TNA Wrestling (HDTV) (N)	Go Deep "Ice Wreck"	NCIS "Leap of Faith"	Stargate SG-1	Caddyshack ** (1980, Comedy)	Chevy Chase.		
	522 516	45 HIST	House of the Dead ** (2003, Horror)	Jonathan Cherry.						
cable variety	627 528	46SPACE	(6) The Four Feathers ** (2002, Adventure)							
	-	47 AMC	What Happen?	Vanity Insanity	Inside Hollywood	House Hunters	Holmes in New Orleans	Disaster DIY	Big Amazing	HomeOrleans
	619 525	49 TROP	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans	Disaster DIY	Big Amazing	HomeOrleans
	500 564	50 HGTV	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes in New Orleans	Disaster DIY	Big Amazing	HomeOrleans
	501 391	52 CTV	CTV Newsnet	Market Call	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy "The Pilot"	Most Haunted
	504 508	70 BNN	Squeeze Play	Market Call	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy "The Pilot"	Most Haunted
	526 507	92 VIVA	Most Haunted	Market Call	Passion	Homicide File	Psychic Inv.	Encounters	Judging Amy "The Pilot"	Most Haunted
	269 530	93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renewedepress	The Real McCoy ** (1993, Suspense)	Kim Basinger.		
	-	94 MCP	MuchMoreMusicOnStage	Degrassi: TNG	MuchTopTens	True Life	MTV Live	After	The Hills	After Show
	571 580	100 MMM	MuchMoreMusicOnStage	Degrassi: TNG	MuchTopTens	True Life	MTV Live	After	The Hills	After Show

Kenya'sStyle

Kenya Hunt

Read about skin products at metronews.ca/globalstyle

Office turns 100

NED EHRBAR
Metro World News



It's the fifth season finale of NBC's *The Office* tonight — and the sitcom's 100th episode. The folks at *Dunder Mifflin* have come a long way from their early days, when few thought it would last — including the show's cast.

"I think at best, my guess would've been 48 (episodes) at most," John Krasinski, who plays Jim on the series, tells Metro World News.

Krasinski has been very busy, fitting feature films into his *Office* schedule whenever possible.

Next month he stars in *Away We Go*, directed by Sam Mendes — who, it turns out, originally tried to talk Krasinski out of taking his role on the *Office*.

"His whole thing was, 'You don't touch the untouchable. You don't re-sing a Beatles song. You leave it.' And he thought the English version was perfect," Krasinski ex-



"I think at best, my guess would've been 48 (episodes) at most."

John Krasinski on how long he thought *The Office* would last

plains.

"The problem was I agreed with him."

Luckily, they were both wrong. Krasinski says he's thrilled with tonight's finale.

"The finale's always really fun for Jim and Pam, because they always write amazing stuff for us," he says, though he won't budge on any potential

wedding plans between the two characters.

All Krasinski really wants now for the show is the chance to decide when it will end, much like ABC's *Lost* was allowed to do.

"I hope we get the opportunity to call our last season, to pull a Babe Ruth and point to the outfield wall," he says.

Apartment hunting made easy
vertica.ca

text APT INFO to
23333 for more info*
*Carrier charges may apply.

VERTICA
RESIDENT SERVICES

VIDEO GAMES LIVE 2.0

Friday, May 15 – 8pm
Pre-show at 6:30pm
Saturday, May 16 – 2pm
Pre-show at 12:30pm

EPCOR CENTRE's Jack Singer Concert Hall

Lasers, lights and live action! Don't miss this explosive concert event where giant video screens and the power of the Orchestra and Chorus bring your favourite games to life. Be sure to come early for the pre-show festival with interactive game demos and contests. Costumes welcome!

SELLING FAST!

CPO LIVE

nexen CALGARY HERALD
TORQUE Group of Companies

FUTURE SHOP **swerve**

Calgary Philharmonic Orchestra
Roberto Minczuk • Music Director

GET YOUR TICKETS TODAY! 403.571.0849 • CPO-LIVE.COM

Shaw's home phone service.

The kind of deal that will really get people talking.

\$20⁹⁵
FROM PER MONTH
DIGITAL PHONE BASIC

It's easy to switch — we'll take care of everything and you keep your current phone number. You get great long distance rates, call display, free installation and service calls, plus the first month free. Switch today, call 310-SHAW.

SHAW DIGITAL PHONE

SHAW
PEOPLE POWERED

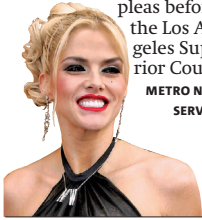
Michael Jackson is working on a new signature dance move, femalefirst.co.uk reports. The singer has hired choreographer Kenny Ortega to come up with a unique move to rival his famous moonwalk ahead of his summer London residency. **METRO NEWS SERVICES**

Celebrity Buzz

Anna's posse pleads not guilty

DRAMA Three people in Anna Nicole Smith's closest circle pleaded not guilty yesterday to conspiring to provide the drugs that killed her in 2007, people.com reports.

Howard K. Stern, Smith's lawyer-boyfriend, her physician Sandeep Kapoor, and Smith's neighbour and psychiatrist Kristine Eroshevehich, entered the pleas before the Los Angeles Superior Court.



METRO NEWS SERVICES

Vanessa to bare all on screen?

RATED R You may be seeing a lot more of Vanessa Hudgens in the future, usmagazine.com reports.

"I will show nudity in a film when the time is right," the 20-year-old High School Musical star tells E! Online.

"If it's an amazing movie that I'm really passionate about and that's what it calls for, then we'll see," she added.

The actress also has appeared nude in 2007, in photos that leaked online.

METRO NEWS SERVICES



From drug to rap addiction

QUOTABLE Eminem wanted to kill himself at the height of his addiction problems, femalefirst.co.uk reports.

The rapper — who is set to release his new album following a three-year-break from music — admits he briefly considered committing suicide while struggling with his

alcohol and drug problems.

He told British TV talk-show host Jonathan Ross: "I just wasn't taking care of myself, at times I wanted to just give it up."

"I was in a dark place. I wanted to pull back from the spotlight to reassess my whole career," he added. "I

got sober but it was pretty rough. A couple of years were bad for me."

The 36-year-old hip-hop star is thrilled with his new material and insists he is only addicted to work these days.

He said: "I almost feel like a little kid again with rap. Rap was my drug. It used to get me high and then it stopped getting me high. Then I had to resort to other things to make me feel that ... now rap's getting me high again."

METRO WORLD NEWS



K-Fed can't get enough from Brit?

SPENDER NOT SAVER Kevin Federline reportedly can't make ends meet with the \$40,000 US a month he receives from ex-wife Britney Spears.

The singer pays Federline \$20,000 a month for child support, plus an additional \$5,000 a week while she's on tour.

But according to the Na-

tional Enquirer, it's not enough to cover his monthly expenses: \$7,500 for rent on his Encino home, \$2,000 for food, \$1,500 for utilities, \$800 for booze, \$2,800 for a nanny for their two sons and \$3,000 for body-

guards.

"Kevin has blown through millions of dollars," a source says. "When he and Britney divorced, Kevin continued the superstar lifestyle, and he spends all the money that he gets."

METRO WORLD NEWS



Hugh wants own Rainbow Tribe

FAMILY ASPIRATIONS

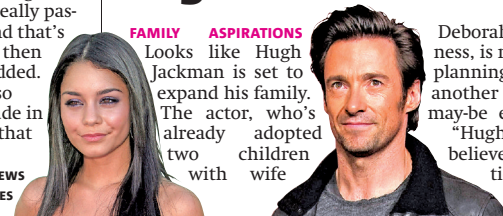
Looks like Hugh Jackman is set to expand his family. The actor, who's already adopted two children with wife

Deborah-Lee Furness, is reportedly planning to adopt another child — maybe even two.

"Hugh is a big believer in adoption — not just per-

sonally, but from a worldview of extending help to parentless children," a source tells the National Enquirer. "They are adopting another child now, and plan to welcome a fourth ... It has become their mission."

METRO WORLD NEWS



Dad giving up on Amy?

DAD'S LIMITS Amy Winehouse's dad, Mitch, has stood by his daughter through her troubles with drugs. But now that those have been replaced with an alleged alcohol addiction, he says he's not sure he can continue to stick around.

"After she almost died twice from drug-related problems, to see her walking, smiling — she has progressed

so much," Mitch says in a new TV documentary, according to Marie Claire U.K.

"But now, if it's alcohol instead of hard drugs — I don't think I can go through that again. I've decided to distance myself, and whatever happens, happens," he said.

"It's her life. It's her career. It's her decision."

METRO WORLD NEWS



LiLo avoids burglary

RICH AND FAMOUS Burglars targeted Lindsay Lohan's home, femalefirst.co.uk reports. Police were called to the actress' Los Angeles property at about 3 p.m. on Tuesday after a security alarm at the property was set off.

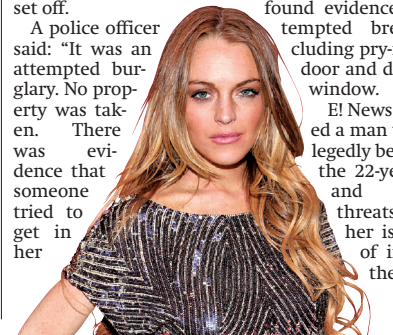
A police officer said: "It was an attempted burglary. No property was taken. There was evidence that someone tried to get in her

house, but there's no evidence that they actually got inside or removed any of her property."

After being alerted to a problem by the property's alarm company, police went to investigate, and found evidence of an attempted break-in, including pry-marks on a door and damage to a window.

E! News has reported a man who has allegedly been stalking the 22-year-old star and making threats against her is a "person of interest" in the case.

METRO NEWS SERVICES



Balance

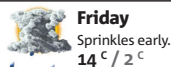
environment • economy • energy

Canadians are telling us it can be done.

CanadasOilSands.ca



Today
Light rain.
9°C / 2°C



Friday
Sprinkles early.
14°C / 2°C



Saturday
Morning clouds.
19°C / 3°C

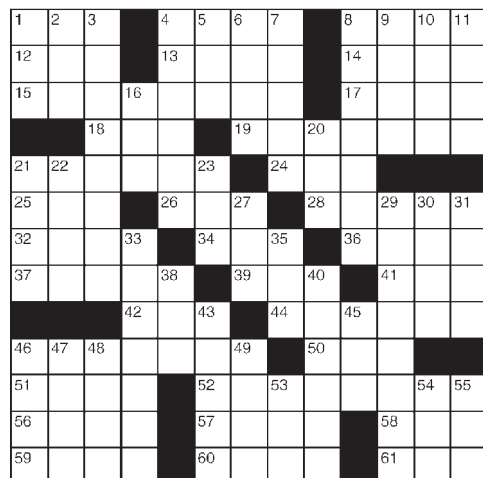


Andrew Schultz, Weather Specialist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- 1 Feathery neckpiece
4 Weevil invader
8 Diplomacy
12 Puncturing tool
13 Reed instrument
14 Petri-dish matter
15 Giving permission
17 Entice
18 Online address
19 Exhibition setting
21 Sweeney Todd, e.g.
24 Deposit
25 With 21-Down, "Arabi-an Nights" hero
26 Scoot
28 Rub the wrong way
32 Exclamation point
34 Conger or moray

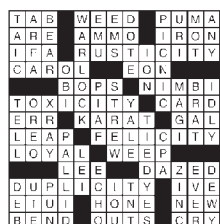
- 36 — podrida
37 Battle verbally
39 Afternoon affair
41 Fleur-de —
42 Succumb to gravity
44 Thing
46 Baton wielder
50 Journal
51 Pinnacle
52 Soothing
56 Fit of peevishness
57 Voice of Fiona in "Shrek"
58 Teachers' org.
59 Towel marking
60 A handful
61 Sailor

Crossword down

- 1 Sheepish remark?
2 Hooter
3 Sexy
4 Alley athlete
5 — Wan Kenobi
6 Protracted
7 Constitutional
8 Hunter's cry
9 Chills and fever
10 Singer Vikki
11 Deuce beater
16 Sceptre topper
20 Fond du —, Wisc.
21 See 25-Across
22 Winged
23 Actress McClanahan
27 Trawler prop

- 29 Making a claim
30 Gendarme
31 Bridge position
33 Fabric inserts
35 Author Buscaglia
38 Pack away
40 Burning
43 Alumni
45 Cohort of Whoopi and Sherri
46 Hawkeye's sitcom
47 Dermatology subject
48 Ottoman potentate
49 Hodgepodge
53 Hasty escape
54 Ultramodern
55 Tie up the phone

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	9	7	2	5	1	8	4
4	1	5	6	8	9	2	7	3
2	8	7	3	4	1	6	9	5
8	5	3	1	7	6	9	4	2
9	6	2	5	3	4	7	1	8
1	7	4	2	9	8	5	3	6
7	4	6	9	5	3	8	2	1
5	2	8	4	1	7	3	6	9
3	9	1	8	6	2	4	5	7

Find today's answers + play more games at metronews.ca

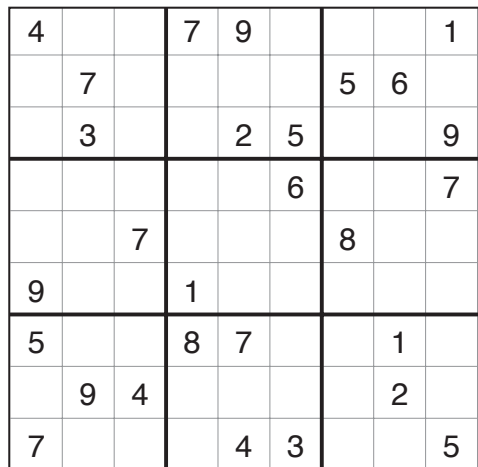
SUDOKU SOLVE TIME:

- Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Mighty Burger

INGREDIENTS:

- Oil for greasing
2/3 lb (300 g) lean ground lamb
2/3 lb (300 g) lean ground pork
2 tsp (10 ml) dried Italian herb mix, or mixed herbs
1 small egg
3 tbsp (45 ml) (85g) fresh breadcrumbs
Salt and black pepper
A few drops of Worcestershire sauce
2 tbsp (25 ml) olive oil
1 medium onion
1 large clove garlic
1–2 tsp (10 ml) chili powder
1 small red pepper
2 tomatoes
3 oz (85 g) button mushrooms
1/4 lb (110 g) mozzarella cheese
1/4 lb (110 g) cheddar cheese

METHOD:

- Preheat oven to 375 F (190 C). Lightly oil 10-in. (25-cm) pizza sheet or baking pan.
- Put meat into bowl. Add herbs, then stir in egg, breadcrumbs, salt, pepper and good splash of Worcestershire sauce. Mix well together.
- Press mixture evenly on-

to pizza sheet, or put onto baking tray and shape into 10-in. (25-cm) round. Cook burger in oven for 15–20 minutes.

- Meanwhile, heat olive oil in frying pan. Peel and chop onion and garlic. Add to oil and fry until soft, 5 minutes. Stir in chili powder and remove from heat.
- Rinse pepper and tomatoes and clean mushrooms. Deseed and dice pepper, then slice tomatoes and mushrooms. Cut mozzarella into thin slices and grate cheddar.
- Remove burger from oven and drain off liquid; increase oven temperature to 425 F (220 C).
- Spread onion mixture over burger. Add pepper, tomatoes and mushrooms. Sprinkle cheese on top. Bake for 5 minutes, or until cheese melts. Serve in wedges with crusty bread, salad and ketchup.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com

ARIES

MARCH 21-APRIL 20

Make the world sit up and take notice of you today. Do something that no one can possibly ignore. It's time to get yourself noticed again.



TAURUS

APRIL 21-MAY 21

Sometimes it's nice to go with the flow and let others call the tune; this is one of those times. If you get lost in the crowd today it won't worry you.



SCORPIO

OCT 24-NOV 22

What you have to do today may make you unpopular but you won't shirk responsibilities for the sake of people whose respect you can live without.



GEMINI

MAY 22-JUNE 21

You may feel a need to prove yourself but you also need to be realistic about what you can achieve. Aim high today but don't lose sight of who you are.



SAGITTARIUS

NOV 23-DEC 21

You want to support a plan that means a lot to a friend but you suspect it may not be good for them or you. Go through it with them point by point.



CANCER

JUNE 22-JULY 22

You may feel out of your depth but it's nothing to worry about, so don't be discouraged. Others may know more but they don't have your tenacity or sensitivity.



CAPRICORN

DEC 22-JAN 20

Not everyone who makes you an offer is out to steal your money. Someone who approaches you with a money-making idea should be listened to.



LEO

JULY 23-AUG 23

You're determined to make up for lost time and the best way to do that is to have a good time. But make time too for those who are still stuck.



AQUARIUS

JAN 21-FEB 18

If you value your peace of mind you must not get involved in other people's relationship problems, not even if they ask you to mediate.



VIRGO

AUG 24-SEPT 22

Others may say you should suppress your natural instincts but you know you won't be happy if you do, so ignore their advice and do what feels right to you.



PISCES

FEB 19-MARCH 20

You will feel much better about yourself today if you forget about your duties and chores for a while and spend time doing what makes you feel happy.



SAY "I DO" TO LINGERIE

BRA SIZE 30 - 46 BAND | AA - J CUP

Do you know up to 80% of women are wearing the wrong size bra?

Present this ad and receive a free gift with purchase



INTIMATELY YOURS

MAIN LEVEL BANKERS HALL | 403.265.5471

front row centre players present

Grease

Book, Music and Lyrics by Jim Jacobs and Warren Casey

at the Victor Mitchell Theatre - 2140 Pumphouse Avenue SW

Front Row Centre Players present...

Grease

Directed by Andrea van der Neut
May 22 - June 6, 2009
Pumphouse Theatres


Tues.-Sat. Evenings at 7:30PM
Sat. & Sun. Matinees at 2:00 PM

Adults: \$21.75
Students & Seniors: \$18.75

For Tickets call 263-0079

Or visit www.frontrowcentre.ca

SPECIAL OFFERS
"Mature Matinees" - \$15 Seniors
"12 Buck Tuesdays"



Suddenly you could be the one in need of blood.
Wouldn't you hope someone was donating for you?

Call 1 888 2 DONATE ext. 222 to book your appointment today.
Your donation could save up to 3 lives.



Canadian Blood Services
it's in you to give

For more information visit www.blood.ca/give

BLOOD.CA WWW.BLOOD

1 888 2 DONATE